



# Mount Rainier National Park

## Sister Mountain Project

### Staying Alive! The Ten Essentials for Your Trip

<b>Overview</b>	Students will be introduced to the basic ten essentials necessary for taking a short, three to five mile hiking trip into a local park, national park, or other outdoor trip. The students will participate in a series of scenarios assessing their knowledge of the ten essentials and preparedness for surviving common situations they might face on a short hiking trip.
<b>Grade Level</b>	Grades 5 to 12
<b>Objectives</b>	<p>Students will be able to:</p> <ul style="list-style-type: none"><li>• Identify the ten essential items suggested for travel on any hiking trip.</li><li>• Understand the importance of carrying each of the ten essential items while on a hiking trip into a local park, national park, or other outdoor trip.</li><li>• Identify other items that might be considered for a trip into a local park.</li></ul>
<b>Setting</b>	Classroom, outdoor space, gymnasium
<b>Timeframe</b>	50 minutes
<b>Materials</b>	<p>Small book sized daypack for demonstration</p> <p>Ideally, place the “10 essential” items in the pack for use as an example.</p> <p>Place any additional “required” items in to your pack for example purposes.</p> <p>Copy of attached “Items for trip” handout for each student</p> <p>Copy of “So, What are You Going to do Now?” group handout – one per group</p> <p>Writing tool</p>
<b>Vocabulary</b>	Ten Essentials: Those ten items recommended for anyone hiking in the backwoods.
<b>Standards</b>	<p>Component 1.2: Acquires the knowledge and skills to safely participate in a variety of developmentally appropriate physical activities in the outdoors.</p> <p>Component 3.1: Understands how culture and environmental factors affect personal health while hiking in a local park.</p>

<p><b>Background</b></p>	<p>The ability for instant contact through cellular communication and the lack of experience in nature has left many individuals with a false sense of safety when travelling anywhere, especially in the woods. In preparation for a field trip into a local or national park, this lesson introduces students to the 10 Essential Items necessary for any person travelling off the established trails and into the national parks system.</p> <p>The ten essential items are those items that every person should have in their pack while on a hike into the woods. Most individuals are not aware of these essential items that will help them to survive in the woods if the need arises. This basic list outlines the bare minimum needed for survival in the event that the individual is lost or injured while hiking. This list is primarily geared towards the single day, short (3 – 5 mile) hiking trip. Longer hiking trips require additional gear not listed such as shelter, water purifier, and a sleeping bag. <b>See the attached “Ten Essential Items” list.</b></p> <p>In preparation for this lesson, have the following information ready to share with the students:</p> <ul style="list-style-type: none"> <li>• Trip plan</li> <li>• Where they are going</li> <li>• Presumed weather conditions</li> <li>• Distance of the trip</li> <li>• Equipment expectations (i.e. bring lunch, backpacks, etc.)</li> <li>• A daypack equipped with the 10 essentials to share with the students. Also packed with examples of equipment that should carry on this trip for sharing.</li> </ul>
<p><b>Procedure</b></p>	<p>Set – Up Information:</p> <ul style="list-style-type: none"> <li>• Make copies of the “Items for trip” and “So, What are you going to do now?”</li> <li>• Makes copies of “hiking scenarios” and place either around the gym or around a large space that allows the students move safely.</li> <li>• Map of the school with “hiking scenarios” marked for each group (if needed)</li> <li>• Provide pencils and a writing surface, i.e. clipboard.</li> </ul>

### Activity

1. Introduce the students to the activity for the day. Share with them that they will be taking a hike to a local outdoor site of interest and they will be loading their "packs" with supplies for the trip. Inform the students that they will be taking a basic daypack for the trip. Share that this is the size of a standard book bag sized pack.
2. Provide each student with a copy of "Items for Daypack." Have each student take a few minutes to complete this sheet. They may take no more items than lines on this page, all items must reasonably fit in the daypack, and the items weight must total less than ten percent of the students' body weight.
3. Once the students have completed this page, organize students into small groups of 3 to 5 students per group.
4. Inform the students that they are now a hiking group. Ask the students, "Why are we organized into groups of 3 to 5?" *Answer: It is recommended that hikers travel in groups with 2 or more hikers per group. Ideally hikers travel in groups for safety*
5. Provide the students with a copy of the map of the school and a starting point.  
\*Note: Have each group begin at a different station then the students rotate through the stations so that no more than one group is at a station at one time.
6. Share that the students are going to travel around the school to each area on their "hike". They will encounter problems on the "trail". As a group they are to use the supplies in their packs to solve the problems that they will encounter. The supplies that they have packed are all the supplies that they may use while on the trip.
7. They must first summarize the problem and how they will solve it in a realistic and safe manner.
8. Students then travel to their starting point. Provide them with 4 minutes at each station to complete this activity. At the end of 4 minutes, rotate stations.
9. At the completion of all stations, bring the students back together. Have each group share one of their solutions to the problems they faced while "on the trail".
10. Ask the questions, "What items that you had helped you solve problems?", "What

	<p>items did you wish you had packed?", "What items would you pack the next time you go on a "trip"?"</p> <ol style="list-style-type: none"> <li>11. Write down any of the ten essential items that the students list in their response to the questions.</li> <li>12. Share the "Ten Essentials" list of materials that every person should have in their pack when they travel on a hike. Use a pack with the ten essential items and any additional items you would carry as the instructor in your pack.</li> <li>13. Share why each item is on the "Ten Essentials" list or on the recommended.</li> <li>14. End with Ten Essentials quiz</li> </ol>
<b>Suggested Assessment</b>	<p>Provide the students with a new list of the "Items for Trip" to complete. Scores based on the number of the ten essential items plus other recommended items the student answers correctly.</p>
<b>Adaptations</b>	<ul style="list-style-type: none"> <li>• Provide a list of the ten essentials, plus any additional items you wish to include, at each station and let the students choose what items they would like to use to help them solve the scenario. For this solution, the students would not need their lists for the daypacks, but they could still work in small groups.</li> <li>• At each station, students are assigned a physical activity to do if they do not have the necessary items for the scenario. For example, if the group does not have a first aid kit, the group must carry one "injured" student for the duration of their activity.</li> <li>• Students travel to one station that is a scenario station then to a fitness station where they will complete a physical activity before moving to the next scenario station.</li> <li>• Those students who have been trained in first aid as part of the health and fitness class could be asked to "treat" the students through bandaging and caring for the injury at one or more stations.</li> <li>• Lengthen or shorten the course depending on your students' abilities. Young students could be contained in the gym while older students may use a large portion of the campus. A longer course provides the opportunity for a fitness</li> </ul>

	<p>component such as an aerobic endurance component to be added to the activity.</p> <ul style="list-style-type: none"> <li>• The instructor provides each student with a map of the classroom campus and asks the students to use this to navigate through the scenarios and stations.</li> <li>• The instructor sets up two or more stations of each scenario and provides the students with a map to follow to complete the scenarios.</li> <li>• Give the students the instruction that once an item is used, it may not be used again. For example, once the flashlight is used, the batteries would die and not be usable unless the student packed extra batteries.</li> </ul>
<b>Extensions</b>	<ul style="list-style-type: none"> <li>• Adjust the examples to represent items specific to the trip that you will be taking. Include examples of specific items that you wish to have the students carry on the trip. (for example, if you wish the students to bring hiking boots, create an example where hiking boots are required)</li> <li>• In addition to the ten essentials, there are several additional items one could take on a hiking trip. Depending on the depth of the discussion, you could include additional items for your activity.</li> <li>• The instructor provides similar scenarios but changes the time of year and site for the hike.</li> <li>• The science teacher could create a similar type set of scenarios to utilize in the lab to illustrate lab safety. Scenarios would include examples of typical lab hazards such as splashing materials or broken glass.</li> </ul>
<b>References/ Resources</b>	<p>The internet contains a host of websites with information regarding the ten essentials for hiking and camping:</p> <p>National Park Service Ten Essentials PDF  <a href="http://www.nps.gov/mora/planyourvisit/upload/ten%20essentials%20web%20site%20bulletin.pdf">http://www.nps.gov/mora/planyourvisit/upload/ten%20essentials%20web%20site%20bulletin.pdf</a></p> <p>Washington Trails Association Ten Essentials  <a href="http://www.wta.org/hiking-info/basics/ten-essentials">http://www.wta.org/hiking-info/basics/ten-essentials</a></p> <p>ABS's of Hiking website  <a href="http://www.abc-of-hiking.com/">http://www.abc-of-hiking.com/</a></p>

	ABC's Hiking – Hiking Preparations website <a href="http://www.abc-of-hiking.com/hiking-basics/">http://www.abc-of-hiking.com/hiking-basics/</a>
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